

Body Fortress Super Advanced Whey Protein Powder

Chololate, Vanilla, 21 servings for \$16 = $0.76/30= 0.025$
 Calories: 170
 Calories from fat: 25
 Saturated fat: 1.5G
 Cholesterol: 70 mg
 Carbohydrates: 7G
 Protein: 30

Pure protein ready shakes

Chocolate or vanilla 4-pack for \$7.88 = $1.97/23= 0.085$
 Calories: 110
 Fat Calories: 10
 Fat: 1
 Cholesterol: 15
 Carbohydrates: 4
 Protein: 23

Pure Protein 100% Whey Protein Powder 2 lbs.

Chocolate or vanilla 22 servings for \$19 = 0.86
 Calories: 160
 Fat Calories: 25
 Fat: 3
 Sat fat: 1
 Cholesterol: 80
 Carbohydrates: 8
 Protein: 25

Six star pro nutrition Whey protein Isolate 1.5 lb

17 servings for \$20 = $1.18/30= 0.039$
 Calories: 130
 Fat Calories:5
 Fat: 0.5
 Cholesterol: 5
 Carbohydrates: 2
 Protein: 30

Designer Whey

32 servings for \$14.57 = $0.45/18= 0.026$
 Whey protein blend Concentrate + Isolate
 Calories: 100
 Fat Calories: 20
 Fat: 2
 Saturated Fat: 1
 Cholesterol: 60
 Carbohydrates: 6
 Protein: 18

Atkins Advantage Dark Chocolate Royal Shake 4-pack

for 5.78 = $\$1.445 /15= 0.096$
 Milk protein concentrate and soy protein isolate
 Calories: 160
 Calories from Fat: 80
 Total Fat: 9 g
 Saturated Fat: 1.50 g
 Cholesterol: 5 mg
 Total Carbohydrate: 5 g
 Protein: 15 g

EAS AdvantEDGE Carb Control 4-pack

for \$4.97 = $1.24 / 17 = 0.073$
 Calories: 110
 Calories from Fat: 25
 Total Fat: 3 g
 Cholesterol: 20 mg
 Total Carbohydrate: 4 g
 Protein: 17 g

Kellogg's Special K Protein Strawberry Shakes, 10 fl oz

6 count for \$5.98 = $1/ 10= 0.1$
 Calories: 180
 Calories from Fat: 45
 Total Fat: 5 G
 Saturated Fat: 0.5 G
 Cholesterol: 15 Mg
 Total Carbohydrate: 29 G
 Protein: 10 G

Slim-Fast 3-2-1 Low Carb Diet High-Protein Creamy Chocolate 4 pk

10 fl oz for \$6 = $\$1.5 / 20 = 0.075$
 Calories: 180
 Calories from Fat: 80
 Total Fat: 9 G
 Saturated Fat: 1.5 G
 Cholesterol: 15 Mg
 Total Carbohydrate: 4 G 1
 Protein: 20 G

EAS Lean 15 1.7 lb

25 servings for \$20 = $0.8/15= 0.53$
 Whey protein concentrate
 Calories: 100
 Cal from fat: 15
 Saturated Fat: 1
 Cholesterol: 40
 Carbohydrates: 11
 Protein: 15

EAS Complete Protein Vanilla Nutrition Shake Mix

for \$17.97 = (no information on # servings per can)
Milk Protein Concentrate, Soy Protein Isolate
Calories: 150
Calories from Fat: 10
Fat, g: 1
Saturated Fat, g: 0.5
Cholesterol, mg: 10
Carbohydrate, g: 14
Protein, g: 25

EAS Soy Protein Powder Vanilla or chocolate

Calories: 170
Calories from Fat: 10
Fat, g: 1.5
Cholesterol, mg: 0
Carbohydrate, g: 19
Protein, g: 20

EAS 100 pct Whey Protein Powder

Calories: 150
Calories from Fat: 20
Fat, g: 2
Saturated Fat, g: 1
Cholesterol, mg: 80
Carbohydrate, g: 7
Protein, g: 26

Lean Muscle Protein Powder, 30.9 oz

Protein Blend (Calcium Sodium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Whey Protein Hydrolysate, Whey Protein Concentrate, Lactoferrin, L-Glutamine, Taurine)
Calories: 150 (1 scoop)
Fat Calories: 50
Fat: 6
Saturated Fat: 2
Polyunsat fat: 1
Monounsat fat: 2.5
Cholesterol: 10
Carbohydrates: 9
Protein: 16

Muscle Milk Light Protein Powder

Calories: 100 (per scoop)
Fat Calories: 25
Fat: 3
Saturated Fat: 1.5
Monounsat fat: 1.5
Cholesterol: 10
Carbohydrates: 7
Protein: 12

Muscle Milk Naturals Chocolate or vanilla

Calories: 160 (per scoop)
Fat Calories: 50
Fat: 6
Saturated fat: 2
Polyunsat fat: 1
Monounsat fat 3
Cholesterol: 10
Carbohydrates: 10
Protein: 16

Protein needs: 1-1.5 grams for every 2 lbs you weigh

Chicken Breast (3.5oz).....	31g
Ground Beef 85% Lean (3oz).....	22g
Yogurt, Low Fat, Plain (8oz).....	12g
Black Beans (4oz).....	8g
Cheddar Cheese (1oz).....	7g
Halibut Fish Fillet (3.5oz).....	22g
Tofu, Fried (2oz).....	10g
Steak, Top Round (6oz).....	37g
Egg, 1 large.....	6g